

# Making a Good Fit!

## Shoes For Active Feet



**Whatever the activity, wearing the right kind of shoe is very important for your comfort and safety. Here are some helpful tips:**

- Shop around for various styles and brands. Ask the salesperson to assist you in choosing the shoe best suited for your specific activity.
- When trying on new shoes, wear the kind of socks you will wear when you are active. Wear cotton socks or athletic socks. Discard worn out socks to prevent blisters.
- Your feet swell slightly during activity. So, when shopping for new shoes, go right after you have been active.
- Try new shoes on and walk around. They should feel comfortable right away.
- There should be one thumb's width of space between your longest toe and the end of the shoe.
- The heel should not pinch or slip when you walk.
- The shoes should bend easily at the ball of your feet just behind your toes.
- After exercising look at your feet to be sure you do not have any sores, cuts, or blisters. Tell your primary care provider about any cuts, sores, or blisters that don't heal.
- Replace shoes when soles (bottom) are worn or slick. You can replace just the shoe inserts (inside cushions) when worn, if the rest of the shoe is in good shape.

